

Safety Tips

Keep safety in mind when you plan your route and time of activity

- Whenever possible, exercise in the daytime or in the evening in well-lit areas.
- If it is dark, or will become dark when exercising, wear a reflective vest and carry a flashlight or wear a blinking light.
- Exercise in a group or with a partner.

Dress appropriately for extreme cold or heat

In the cold:

- Wear layers, cover all skin, wear a warm hat.
- Plan a shorter workout.
- Try to get out mid day when temperatures are warmer and the sun is out.
- Be aware of signs of frostbite or hypothermia: skin turning white, shivering, can't warm up, slow pulse. Keep moving to keep warm, get indoors, wrap yourself in blankets or take a warm shower to warm up.

In the heat:

- Wear sunscreen, a hat, lightweight clothing.
- Drink plenty of fluids.
- Go slowly.
- Try to go early in the morning or in the evening when it is cooler out.
- Be aware of signs of overheating: sweating too much, nausea, clammy skin, feeling cold, feeling headache, or getting cramps. Stop immediately if you experience any of these. Try to cool down.

Do not wear jewelry

Do not wear headphones

Let someone know where you will be and how long you will be out

Always be aware of your surroundings

